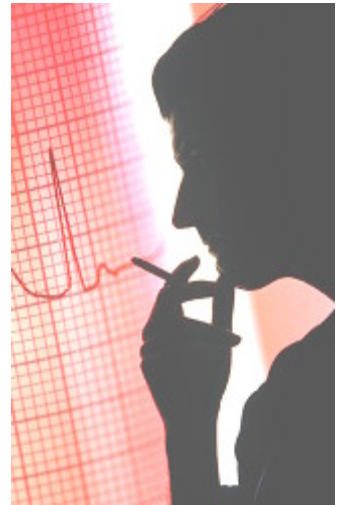


# Quitting Smoking Is A Healthy Choice

You indicated that you smoke or that you are in the process of quitting smoking.

## If you quit smoking...

- You will lower your risk for many serious diseases.
- You will soon find that you can walk farther or play harder without becoming short of breath.
- You will have extra spending money. Put the money you would have spent on cigarettes in a jar and save up to buy something nice.
- Your sense of taste will improve.
- Your sense of smell will improve.
- Your clothes, car, and home will smell better.
- You'll stop burning holes in your favorite things.
- You will be a role model to others who are trying to quit.



## Worried about weight gain from quitting smoking?

- Smokers weigh about 7 pounds less than non-smokers.
- On average, people who quit smoking gain about 7 pounds. This is often due to replacing cigarettes with high calorie foods.
- Managing your weight and quitting smoking together can help you control the weight gain normally associated with quitting smoking.

Make a choice to live a healthier lifestyle by managing your weight and quitting smoking.

